

# Clarke University Baseball

## *Complete Player Mini-Camp*

### HITTING: ELASTIC ENERGY

#### WHEN

- January 21 Grade: K-6 - 3-4:30 p.m.
- Grade: 7-12 - 6-7:30 p.m.

#### WHAT

- Generating Force and Exit Velocity
- Creating Separation
- Understanding Launch Angles
- Routine Development and Approach

#### WHERE

- Gantz Athletic Practice Center
  - 1095 CEDAR CROSS ROAD,  
DUBUQUE, IOWA 52001

PLAYERS EQUIPMENT: Bat, helmet

**COST: \$75**

### DEFENSIVE: GOLD GLOVER

#### WHEN

- January 21 Grade K-6 - 4:30-6 p.m.
- Grade 7-12 - 7:30-9 p.m.

#### WHAT

- Positional arm action and techniques
- Understanding efficient footwork in creating ideal angles and hops.
- Pre-pitch routines

#### WHERE

- Gantz Athletic Practice Center
  - 1095 CEDAR CROSS ROAD,  
DUBUQUE, IOWA 52001

PLAYERS EQUIPMENT: Glove

**COST: \$50**

----- Please Detach -----

**Please complete this form and bring it to the camp with payment to:**

Clarke University Baseball - 1550 Clarke Drive - Dubuque, Iowa 52001

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_

Phone \_\_\_\_\_ Grade \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mini Camp:  Hitting: Elastic Energy  Defensive: Gold Glover

**Please make your check payable to: CLARKE UNIVERSITY BASEBALL**

**Credit Cards are also accepted: EMAIL COACH SPAIN ([dan.spain@clarke.edu](mailto:dan.spain@clarke.edu)).**

Thank you for your registration.

Please Contact: Dan Spain (Head Baseball Coach) Email: [dan.spain@clarke.edu](mailto:dan.spain@clarke.edu) Phone: 563-357-3700

CLARKE UNIVERSITY BASEBALL - [CLARKEPRIDE.COM](http://CLARKEPRIDE.COM)

